

Fall
2011

City News

Huntington Beach

Annual Distance Derby gets a NEW LOOK to Benefit Project Self Sufficiency

"Hang 10" and hang on!! The Distance Derby is getting a NEW LOOK and a new race course!! On November 6, 2011 the "new" **Surf City Beach Derby** will make its debut in a partnership between the City of Huntington Beach and the **Surf City Marathon**. The Derby's famous 10 Mile run will be complimented with a new 10K run/walk and, for the first time in its 57 year history, the race course will be on Pacific Coast Highway showcasing spectacular views of the ocean and coastline. A new 5K Beach event will bring out the spirit of Surf City with a 10 station "on the sand" obstacle course! The Surf City Beach Derby will have something for everyone and is expected to attract thousands of participants from all over California.

Again in 2011, race proceeds will support Project Self Sufficiency. Project Self Sufficiency (PSS) is a city program that provides support for low-income single parents and their children. To participate in the PSS program, parents must be: single, attend school/occupational skills training, and be highly motivated to work toward achieving a career that will support their family. Funds raised by the Surf City Beach Derby will be used to support the PSS direct client services.

There are many opportunities for businesses and non-profit organizations to become involved in this fabulous community event. If you are interested in being an event sponsor or a volunteer, please contact info@surfcitypartner.com. For more information, visit www.beachderby.com.

10th Annual Art of the Brew

The Huntington Beach Art Center is celebrating the 10th anniversary of the annual Art of the Brew on Thursday September 22, 2011. The event has become one of the most popular social events at the Art Center, drawing an audience of over 100 guests for the fun and funky tasting of microbrews created by local brewers. In honor of its tenth year, the event has been expanded from four local brewers to include five additional beer makers and one home brewer. We are pleased to welcome the Anaheim Brewery, The Bruery, Craftsman, Bootleggers, Taps and home brewer Manuel Flores, along with our returning breweries, BJ's, BrewBakers, Huntington Beach Beer Company and Oggi's.

The event will take place in the Art Center's galleries, with the brewers providing tastings of their selected microbrews while paired hors d'oeuvres are passed for guests to enjoy. The third gallery will be dedicated to high end special reserve brews available to guests for an upgraded ticket. Music in the multipurpose room will add to the ambience. Advance tickets for general admission are priced at \$25; \$35 includes the special reserve tasting. Tickets purchased at the door will be \$30 general admission and \$45 including special reserve. Please call the Art Center for reservations at 714-374-1650.

Senior Saturday Community Festival

The Huntington Beach Council on Aging is proud to announce its 23rd annual Senior Saturday Community Festival to be held at beautiful Pier Plaza in downtown Huntington Beach, on Saturday, September 10, 2011, from 9 a.m. to 2 p.m. Admission is free!

Approximately 75 sponsor booths will offer information, products and services geared toward Baby Boomers as well as the older adult population. This is an excellent opportunity for Boomers, Seniors and their families to spend a Saturday by the Pier while gathering pertinent information amid a festive atmosphere.

In addition to the sponsor booths, there will be a \$2 breakfast, \$2 lunch, giveaways, health information and free entertainment throughout the day.

Pier Plaza is located adjacent to the Huntington Beach Pier at the intersection of Main St. and Pacific Coast Highway. Free shuttle service to and from the event is provided from City Hall at 2000 Main and the Michael E. Rodgers Seniors Center, 1706 Orange Avenue.

The Huntington Beach Council on Aging is a non-profit organization that supports programs and services for Huntington Beach Seniors through the Michael E. Rodgers Seniors Center and the Seniors Outreach Center.

Bring your family and friends for a fun filled morning and afternoon. For more information, please call the Michael E. Rodgers Seniors Center at 714-536-9387.



The Benefits of Recreation Programs

Californians are confronted with a number of health and social issues – obesity, diabetes and depression to name a few. The trend towards a sedentary lifestyle is recognized as a major contributor towards many of our health and social issues. With the increased awareness of these issues, your recreation professionals are working with the Huntington Beach community to make physical activity fun, safe and accessible. Participation in these activities through the SANDS Community Services Guide leads to better mental, physical and societal health.

Studies prove that physical activity helps to control obesity, boost the immune system, diminish the risk of disease and increase life expectancy. Many studies also show that participation in recreational activities is an important contributor to our mental health and quality of life. Our beautiful beaches and parks provide excellent inducements to physical activity and the beauty of our coastline encourage active visitation. Taking a walk on the beach or within beautiful Central Park can aid in reducing stress and improving physical fitness!

There are many social benefits of recreation, such as strengthening communities, promoting social bonds and supporting the development of youth. Proximity to parks and recreation facilities leads to safer, cleaner neighborhoods, volunteerism, stewardship and creates a livelier community atmosphere. Participating in recreation activities helps develop our youth and deters them from negative behaviors. Social bonds are improved when families and friends recreate together and are actively engaged in recreation activities in their communities.

The combined values that are gained from participation in healthy recreation programs are endless!

Pasadena's 123rd Annual Tournament of Roses Parade

Class #1030.401

Join the Huntington Beach Community Services Department for the spectacular 2012 Rose Parade. We have limited seating available at 2000 East Colorado Boulevard. Parking is located at 2180 Walnut, so be prepared to walk up to ½ mile. All registrants under 17 years old must be accompanied by an adult. We will depart from the Civic Center, 2000 Main Street, at **6:45 a.m. sharp!** Buses depart immediately after parade. We will return at approximately 3 p.m. Fee: \$115 per person.

Registration: Online: www.hbsands.org. Rodgers Seniors' Center: 1706 Orange Avenue, 714-536-9387. Civic Center – Community Services Office 2000 Main Street, 714-536-9387.



THE AGE WAVE Are You Ready For The Ride?

Civic Engagement Is The Key To The Future Of Volunteerism

The class is free come join us and learn about the following:

- Myths and Realities of Aging
- Basic Communication & Active Listening
- Understanding the Grieving Process
- Signs & Symptoms of Abuse
- Special Needs of the Homebound Elderly
- The Aging Network & Community Resources

Starts Wednesday September 28 – October 26, 2011 for five weeks. Time: 9-11:30 a.m (includes CPR class). Fee: Free.

Contact: Diane Swarts, Volunteer Services Coordinator, 714-374-1544 for additional information or to enroll.

Shipley Nature Center

Fall Native Plant Sale

Shipley Nature Center will be having its annual Fall Native Plant Sale on Saturday September 24 from 9 a.m. to 2 p.m. For all you water conscious residents who have already killed the grass or are thinking about doing it, now is the time to put in water-saving California Natives. Begin this Fall-Winter planting season with the **best ever selection of California Native Plants** (over **100 species** to choose from). Get help and advice from Shipley Nursery Volunteers on which plants would be right for your garden. Peruse the exhibits on the Monarch Butterfly habitat, container gardening with Native Plants and waterwise gardens.

Composting Seminar

9:00 am, Saturday September 24. Learn all about Composting and Vermicomposting (worm composting) and how to turn kitchen scraps and backyard cuttings into "black gold" for your garden. Registration is \$10 per attendee. HB residents get a \$50 voucher toward the purchase of either type of composting bin.

See www.shipleynature.org for all event details. 17851 Goldenwest St. 714-842-4772. Open Monday – Saturday, 9 a.m. to 1 p.m.

Beach Information



City Beach: Encompassing 3.5 miles from Beach Boulevard to the west city limits, the city boasts one of the world's finest beaches. The beachfront includes the municipal pier, food and rental concessions, restrooms, showers, volleyball nets, fire rings, and a 2,200 space beach parking lot plus additional parking on Pacific Coast Highway and adjacent streets. New buildings on the municipal pier, a new Visitors Kiosk at Pier Plaza, and new restrooms along Blufftop Park north of the Pier will enhance beach visits for both residents and visitors. Lifeguard service is provided during daylight hours 365 days a year. The number and location of lifeguards on duty varies depending on season, weather and surf conditions. Please note posted signage for information. Curfew is 10:00 pm to 5:00 am and is strictly enforced. Beach Headquarters: 103 Pacific Coast Highway. Office hours: Monday – Friday, 8:00 am - 5:00 pm. Phone: (714) 536-5281 Emergencies: call 911.

For information on Municipal Beach Parking Pass, Main Promenade Parking Structure, Day Use Parking, Pier Plaza Parking, and Sunset Vista RV Park, please visit www.surfcity-hb.org/visitors/parking/ or call (714) 536-5281.